

ZINOBIOTIC+

BLEND WITH 8 DIETARY FIBRES



HIGH IN FIBER



GLUTEN-FREE



SPORT



PRODUCT OF NORWAY

PRODUCT HIGHLIGHTS

ZinoBiotic+ is a tailored blend of eight dietary fibers from plant sources.¹ Dietary fiber is metabolized in the colon where it promotes the growth of bacteria in the microbiome.

ZinoBiotic+ contains beta-glucans which contribute to the maintenance of normal cholesterol levels³, resistant starch that contributes to a reduction in blood sugar spiking after meals² and oat grain fibre that contributes to an increase in fecal mass⁴.

Content: 180 g

PLANT DERIVED INGREDIENTS

- ▶ Resistant starch from corn, green banana and potatoes
- ▶ Beta-glucans from oats
- ▶ Inulin and FOS from chicory root
- ▶ Psyllium seed husk
- ▶ Partially hydrolysed guar gum fiber from Indian guar beans

KEY BENEFITS

- ▶ **Dietary fiber blend with ingredients from 8 plant sources¹**
- ▶ **Contains resistant starch that contributes to a reduction in blood sugar spiking after meals²**
- ▶ **Contains beta-glucans which contribute to the maintenance of normal blood cholesterol levels³**
- ▶ **Contains oat grain fiber that contributes to an increase in fecal bulk and supports normal bowel function⁴**

SUPPLEMENT FACTS

Nutritional Information (Approx. Values)					
Serving Size (2 scoops): 12 g		No. of servings: 15			
Nutrients	Qty/Serving	% RDA	Ingredients	Qty/Serving	% RDA
Energy [^]	28.32 Kcal	1.42	Resistant starch blend	4.9 g	**
Protein#	0.18 g	0.39	Beta Glucan from Oats	1 g	**
Carbohydrate	2.28 g	**	Inulin	1.8 g	**
Total Sugars	0.24 g	**	Fructooligosaccharides	0.2 g	**
Added Sugar [^]	0.00 g	0	Psyllium Husk Fiber	0.5 g	**
Total fat [^]	0.2 g	0.3	Guar Gum fiber	0.24 g	**
Saturated fat [^]	0.036 g	0.16	# % RDA calculated based on Indian Council of Medical Research (ICMR) guidelines 2020 for Sedentary Work Women		
Trans fat (NMT) [^]	0.05 g	2.5			
Sodium [^]	3.372 mg	0.17			
Dietary Fibre#	8.64 g	34.56	^% RDA (for average adult) based on FSS (Labelling and Display) Regulation 2020 ** RDA not established NMT: Not More Than		

RECOMMENDED DAILY DOSAGE: Mix 12 g powder (2 scoops) with 200 ml water in shaker bottle, or mix it with a ready to drink product of your choice e.g. fruit smoothie drink. Do not exceed recommended daily dosage. Product is not to be used as a substitute for a varied diet. The product is not intended to treat, cure, mitigate or prevent any specific disease, disorder or condition.

CAUTION: Consult your doctor in case you are pregnant, lactating or taking any other medication. NOT FOR MEDICINAL USE.

WATER: Drinking extra fluid is strongly recommended when you consume dietary fibers. Water prevents digestive issues such as constipation.

STORAGE: Dry and cool with the lid on. Product is required to be stored out of reach of children.

INGREDIENTS: Resistant Starch (from corn, potato, green banana), Beta Glucan (from oats), Inulin, Psyllium Seed husk, Partially hydrolysed guar gum, Fructooligosaccharides
CONTAINS OATS.

ZINZINO DIETARY FIBER BLEND: Resistant starch blend (corn, potatoes, green bananas), **oat** beta-glucans, inulin, fructooligosaccharides, psyllium husk and guar gum fibers.

PLANT DERIVED: ZinoBiotic+ is made only from plant derived ingredients and contains no excipients.

DIETARY FIBERS

Other fiber products on the market generally contain only one or two types of dietary fiber. ZinoBiotic+ contains significant amounts of eight dietary fibers: resistant starch, inulin, beta-glucans from oats, fructo-oligosaccharides (FOS), psyllium husks and partially hydrolysed guar gum. These fibers are fermented in the colon and support normal bowel functions, for example, oat grain fiber contributes to an increase in fecal bulk and supports normal bowel function.⁴

DIGESTIVE SYSTEM FUNCTION

The dietary fibers in ZinoBiotic+ are fermented in the colon and are used by various types of naturally occurring bacteria. Fiber is an important part of the diet and plays a role in supporting normal digestion. The different types of fiber act as substrates that can

be broken down by microorganisms in the colon. The bacterial composition in the colon can vary between individuals and is influenced by several factors, including diet. Dietary fiber like oat fiber increases fecal bulk, which contributes to normal bowel function. Some people may experience an initial adjustment period with increased fiber intake that change the bacterial population, which is usually temporary.

NORMAL CHOLESTEROL LEVELS

One of the eight fibers is beta-glucans from oats. These have a function in maintaining normal blood cholesterol.³

GLUTEN-FREE

ZinoBiotic+ contains beta-glucans from oats that are free from gluten and contamination from other grains.

OTHER INGREDIENTS

ZinoBiotic+ contains only active ingredients. There are no additives at all in the product.

ZINOBIOITIG+ HEALTH CLAIMS (EU)

¹A claim that a food is high in fibre (contains > 6 g fiber per 100 g)

²Replacing digestible starches with resistant starch in a meal contributes to a reduction in the blood glucose rise after that meal. Zinobiotic+ contains dietary fiber with 56.7% from resistant starch.

³Beta glucans contribute to the maintenance of normal blood cholesterol levels. The beneficial effect is obtained with a daily intake of 3 g of beta glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans.

⁴Oat grain fibre contributes to an increase in faecal bulk.